



IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

In re: Suzanne Dawn Brown :
: Group Art Unit
Serial No.: 09/768,924 : 3764
: Filed: January 24, 2001 :
: Examiner:
For: EXERCISING AND SPORTS : Lori Bake Amerson
CONDITIONING MAT :
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:

SUBMISSION OF CLAIMS PREPARED
IN ACCORDANCE WITH RULE 121 (C) (1) (i)

1. An exercising and sports conditioning mat which assists in correct performance of exercise routines to contribute toward maximizing their benefit while minimizing the likelihood of injury because of the impact of landing after jumping comprising:

a plurality of layers,

means for connecting said layers to each other to define a stack of layers,

the uppermost layer in said stack of layers including a top surface on which the exercising and sports conditioning is performed,

an intermediate layer comprised of material that will absorb the impact of a jump and thereby minimize the likelihood of injury,

a bottom layer, said bottom layer having a bottom surface, and

said bottom surface resists sliding on the surface which supports said mat so that said mat will not slide from under an exerciser who will otherwise fall and risk serious injury, and

a plurality of elements on said top surface, said elements defining a plurality of locations for foot placement before and after jumping routines in exercising and sport conditioning.

3. The mat described in claim 1 wherein:

said mat has the dimensions of about 42 inches wide by about 42 inches long.

4. The mat described in claim 3 wherein:

said mat is between about 1/30 and one half inch thick.

5. The mat described in claim 4 wherein:

said mat weighs in the range of about 4.5 to about 5.5 pounds.

6. The mat described in claim 1 wherein:

said plurality of elements on said top surface define inner and outer rectangular polygons,

the distance across said outer rectangular polygon in at least one direction is about eighteen inches, and

the distance between said inner and outer rectangular polygons is less than the width of the foot of an exerciser.

17. The mat described in claim 6 wherein:

the distance across said outer rectangular polygon in at least one direction is about 18 inches.

35. The mat described in claim 1 wherein:

said exercising and sports conditioning is jump training.

36. First and second exercising and sports conditioning mats which assists in correct performance of exercise routines to contribute toward maximizing their benefit while minimizing the likelihood of injury because of the impact of landing after jumping wherein:

each of said mats comprises a plurality of layers,
means for connecting said layers to each other to define a stack of layers,

the uppermost layer in said stack of layers including a top surface on which the exercising and sports conditioning is performed,

an intermediate layer comprised of material that will absorb the impact of a jump and thereby minimize the likelihood of injury,

both of said mats include a front end and a rear end,

a rectangular polygon on each of said mats,

first and second identical pluralities of mutually distinctive components, one of said pluralities being on said top surface each of said mats for defining locations on each mat for foot placement before and after jumping routines in exercising and sport conditioning,

some of said components in one of said pluralities being at said rear end of one of said mats, and said identical components being at said front end of said other mat, and

the rest of said components in said one plurality being at said front end of said one mat, and said identical components are at said rear end of said other mat so that exercisers can face each other and match their foot movements while exercising.

37. An exercising and sports conditioning mat which assists in correct performance of exercise routines to contribute toward maximizing their benefit while minimizing their likelihood of injury because of the impact of landing after jumping wherein:

said mat is between about 1/30 and one half inch thick, weighs about 4.5 to 5.5 pounds and is about 42 inches wide by about 42 inches long,

said mat being comprised of three layers that are connected to each other to define a stack of layers,

the uppermost layer in said stack of layers including a top surface on which the exercising and sports conditioning is performed, said top surface being comprised of a material that facilitates exercises including the actions of pivoting, jumping, sliding and running,

an intermediate layer comprised of material that will absorb the impact of a jump and thereby minimize the likelihood of injury,

said exercising and sports conditioning being performed on said top surface, and

a plurality of means on said top surface, said means defining a plurality of locations for foot placement before and after jumping routines in exercising and sport conditioning, and

a bottom layer, said bottom layer having a bottom surface resists sliding on the surface which supports said mat so that said mat will not slide from under an exerciser who will otherwise fall and risk serious injury.

38. The mat described in claim 37 wherein:

said top layer is comprised of polyvinyl chloride.

39. The mat described in claim 37 wherein:

said layer of shock absorbing material is comprised of nitrile butadene rubber/vinyl-nitrile elastomeric foam.

40. The mat described in claim 37 wherein:

said shock absorbent layer reduces stress to the muscles, joints, tendons and ligaments on the body of the exerciser.

41. The mat described in claim 37 wherein:

said layer of shock absorbing material is anti-fatiguing to the body of the user.

42. The mat described in claim 37 wherein:

said layer of shock absorbing material has a quick recovery memory so that it returns to its unloaded state even during rapid repetitions of jumping routines.

43. The mat described in claim 37 wherein:

said bottom layer is comprised of plasticized vinyl coated scrim.

44. The mat described in claim 37 wherein:

said exercising and sports conditioning is jump training.

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